



RELATIONSHIP HEALTH & SAFETY CHECK UP

In the following relationship areas, how do you and your partner handle...?

SUPPORT

- a) Show support and compassion through words and actions.
- b) Experience or provide unreliable support, empathy or respect.
- c) Blame or accuse your partner.

COMMUNICATION

- a) Share how you're feeling regularly with your partner. Express interest in understanding their experience.
- b) Expect your partner to "just know" what bothers you.
- c) Dismiss your partner's experience or boundaries.

SPENDING TIME WITH OTHERS

- a) Spend time together while also encouraging each other to spend time with family and friends.
- b) Rely on each other only; "We don't need other people!"
- c) One partner keeps the other from spending time with family/friends.

CONFLICT

- a) Resolve conflicts in a respectful and cooperative manner: sharing concerns, acknowledging them, and working together towards a solution.
- b) Ignore concerns in the relationship.
- c) Call your partner names, put them down, insult them, threaten them, break things, grab, push, shove, choke/strangle, punch, slap, or hold them down.

PRIVACY

- a) Keep some things private but generally strive to be open and honest with each other.
- b) Pressure your partner to share private information or invade their privacy.
- c) Make your partner share personal information; don't allow them to keep anything private. Go through their emails and texts. Track their location. Force them to share passwords to access their accounts.

RESPONSIBILITIES/CHOICES

- a) Share responsibilities and make choices together, including parental and financial decisions.
- b) Make assumptions around decisions such as finances and sex.
- c) Make decisions for your partner.

SEX

- a) Talk about decisions regarding sex and reproductive choices (whether to have sex, use a condom, etc.).
- b) Assume you and your partner are on the same page.
- c) Force or coerce your partner to engage in sexual activity. Make decisions for your partner about whether to have sex or use contraception.

Scoring The Relationship Health & Safety Check Up

The quiz reviews healthy, unhealthy, and high-risk relationship health and safety behaviors. The quiz and scoring levels are not empirically based. The quiz is a tool to help couples identify areas of strength and needed improvement.

If you answered mostly A's, your relationship includes many healthy behaviors. **Healthy** behaviors are those that are respectful, supportive and honest. Responsibilities are fairly divided, and decisions are shared. Both partners respect the other's boundaries, and practice effective, open communication. Each partner has their own healthy identity, takes care of themselves, and has a support network outside of the relationship. **Feel good knowing you are putting in the work for a lasting, healthy relationship!**

If you answered mostly B's, your relationship includes unhealthy behaviors. **Unhealthy** behaviors include disrespect, inconsistent support and dishonesty. Concerns in the relationship may be ignored or may turn into unresolved arguments. Boundaries and shared decision-making may not be respected. One partner may try to control or pressure the other. **If you're noticing unhealthy behaviors in your relationship, it can be an opportunity to address them and strengthen your relationship.** You might start by talking to your partner about your concerns. The VA has services that can support you in addressing unhealthy relationship behaviors, such as couples counseling, Strength At Home, and Warrior 2 Soul Mate (communication workshop).

If you answered mostly C's, your relationship includes high risk behaviors. **High Risk** behaviors may be signs of serious intimate partner violence and place one or both partners at high risk of harm. These behaviors are intentionally hurtful, demeaning, controlling, and/or isolating. In these cases, one partner attempts to make the other feel afraid, feel bad about themselves and their abilities, or feel that they are not free to make their own choices. **You can get help whether you are using or experiencing high risk behaviors in a relationship.**

For more information or assistance, contact your local **Intimate Partner Violence Assistance Program Coordinator**, Primary Care Social Worker, Women Veterans Program Manager or VA Provider. Find help in the community by calling the National Domestic Violence Hotline at **1-800-799-7233 (SAFE)** or TTY **1-800-787-3224**